

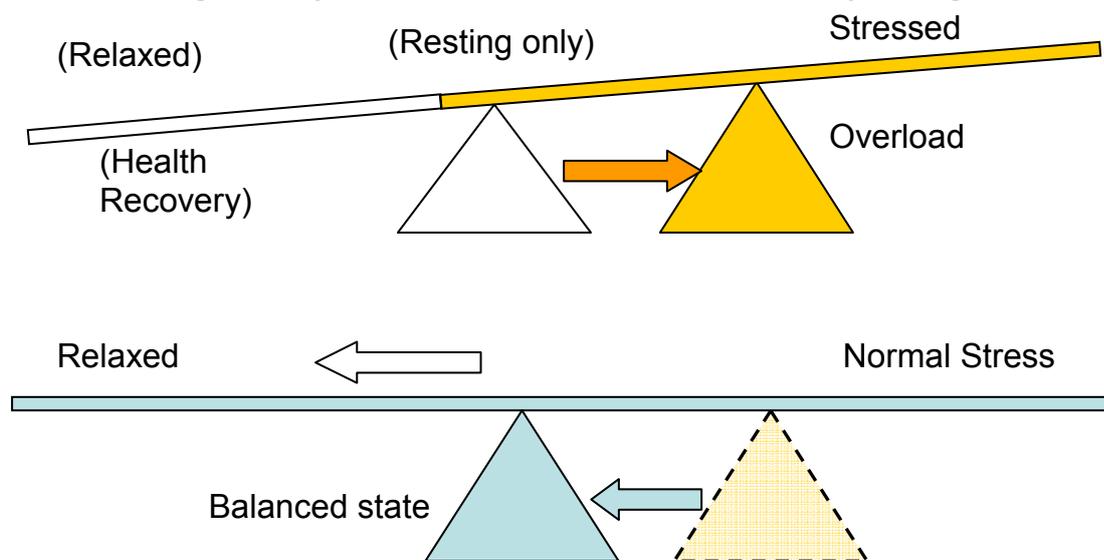
Stress Less More Success:

Can you notice when you are feeling good?

There is a little extra spring in your step, a smile on your face and a glow in your heart. When relaxed the your body approaches a natural balance state, good feeling and a low stress state, if only we could simply achieve this state and live there! What keeps it off track or out of kilter?

It can be simple things like a knock on the knee that made walking awkward for a while, and in turn, the back muscles tightened, that lead to a disturbed nights sleep, then while feeling a little 'off' and 'stressed' at the start of the next day, anger and tension bubbled up, over a small incident, that upset the normal eating patterns and more....., now the body has a whole series of things to solve and release to bring itself back into balance.

Relaxation more than rest, is 'key' to the unravelling that is required. The digestion will smooth, the liver will clear the toxins, the heart will calm, and the muscles will relax, clearing the way for balance to return and we are only talking about relaxation.



The See-Saw diagram shows our typical responses to life situations, stress occurs and can become compounded into 'overload' intensity, if we do not complete the impact on our body and return to balance, where health recovery takes place. We may need to go beyond our normal rest pattern (ie. sitting on the sofa watching TV), into deeper levels of Health Recovery Relaxation.

